



Drill to improve a striker's ability to receive the ball under pressure and link play to support players.

DESCRIPTION

There are four target players around the edge of the defined area. Use cones to make target gates of about 2 – 3 meters wide. The striker starts from a start point and comes off the defender to receive an angled pass from the coach. Ensure that the striker checks away from the ball, before coming off to meet the pass. Initially condition the defender to be passive and then increase the realism. Once the striker has received the ball, they must pass accurately through the gate, to the target player nominated by the coach. After lay off pass, striker should be encouraged to quickly check back to start point.

PURPOSE

To improve a strikers ability to receive the ball under pressure and link play accurately with target players. Once they have achieved this, they need to check quickly back to the start point to imitate the second movement they will need to get away from the defender and meet a cross or pass in the box.

ORGANISATION

1. Area 20 x 20 meters
2. 6 x players
3. Balls, bibs, cones

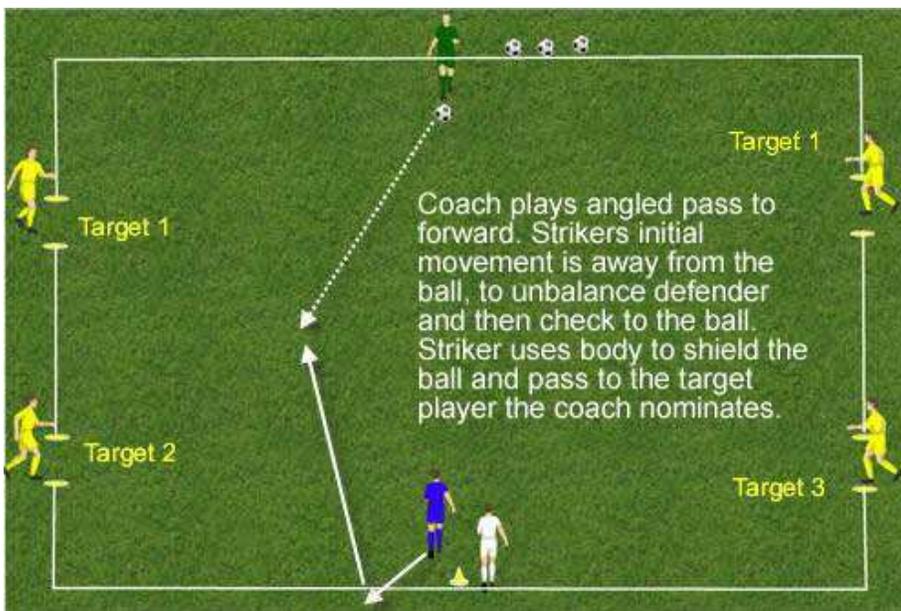
KEY COACHING FACTORS

- Striker to check away from the ball, before coming off defender to meet the pass
- Communication, both with voice and hand signals to time run onto pass
- Protect the ball – get body between defender and ball
- Try and receive the ball on the half turn
- Quality of first touch
- Awareness of targets
- Quality of pass to targets
- Quick turn and check back to start position.

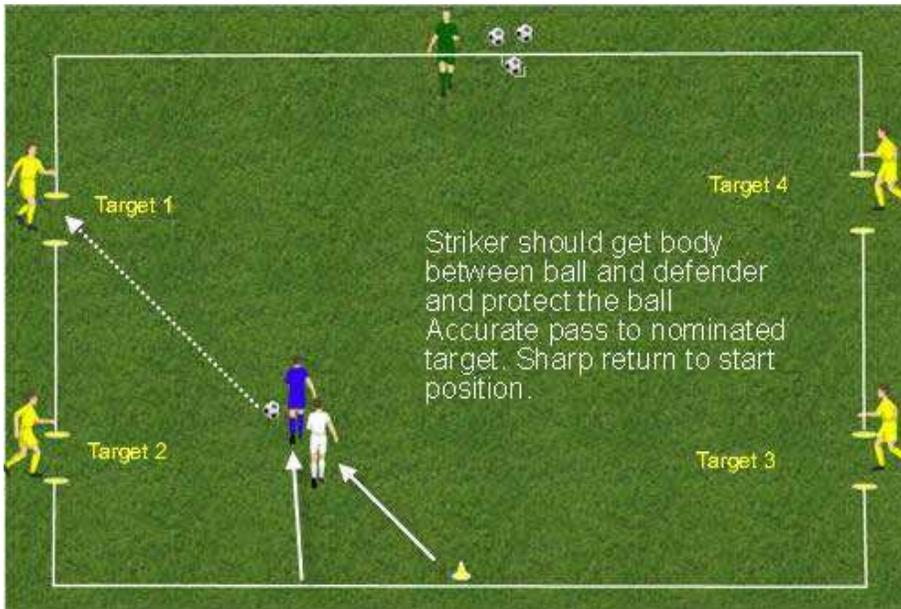
PROGRESSION

- Coach to vary the type of service
- Striker conditioned to one or two touch
- Rotate players
- Introduce a second attacker and defender to encourage quick combination play

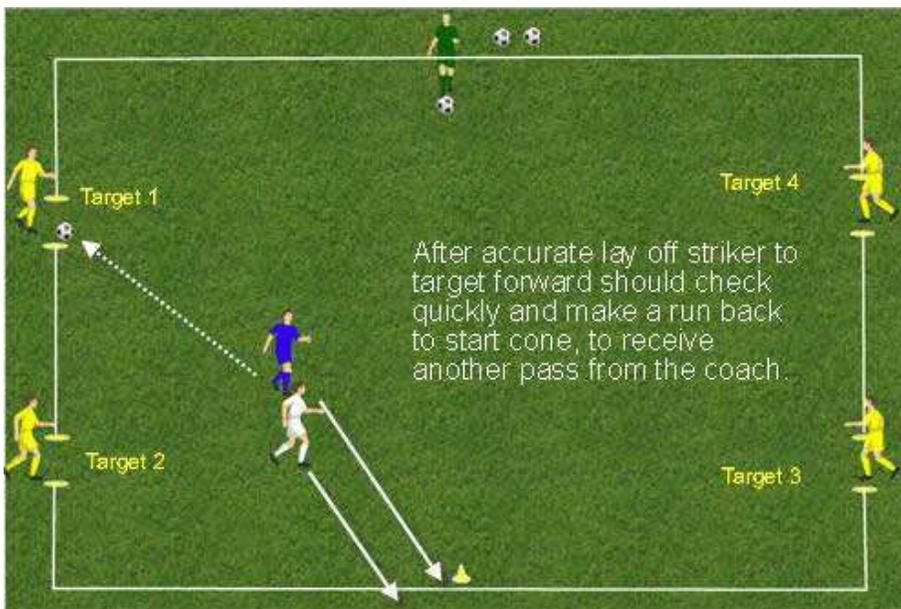
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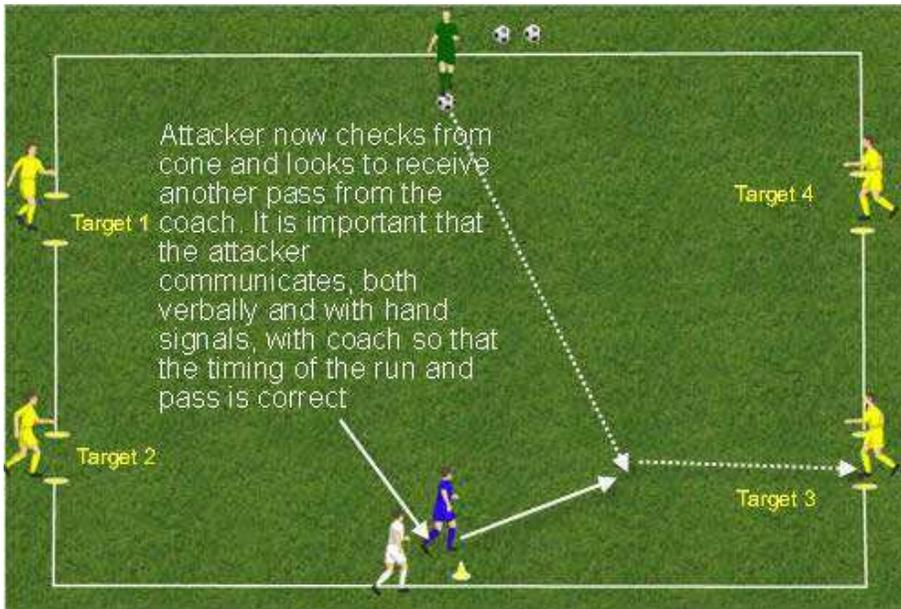
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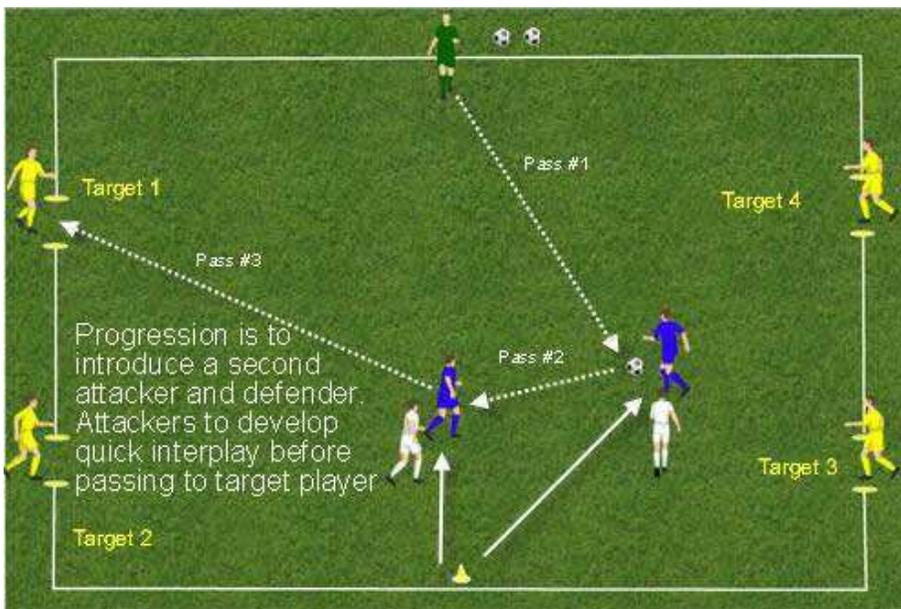
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As a member of Grassrootscoaching.com you will have access to this drill in it's full animated form, which makes it much easier to understand.

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